Shopping List

Wednesday 28 October 2026 | Seasonal market produce | Serves 2 for the whole day

Breakfast: Rhubarb and Pear Steel-Cut Oats with Toasted Almonds
Lunch: Borlotti Bean and Broad Bean Salad with Grilled Haloumi
Dinner: Herb-Crusted Barramundi with Smashed Sweet Potato and Silverbeet

Fruit & Vegetables

- [ ] rhubarb - 2 stalks
- [ ] pear - 1 small
- [ ] lemon - 2
- [ ] radishes - 1 bunch (use 4)
- [ ] baby rocket - 60 g bag
- [ ] fresh mint - 1 small bunch
- [ ] fresh parsley - 1 small bunch
- [ ] garlic - 1 bulb
- [ ] sweet potato - 400 g
- [ ] silverbeet - 1 bunch
- [ ] zucchini - 2

Meat & Seafood

- [ ] barramundi fillets - 2 x 150 g

Dairy & Eggs

- [ ] reduced-fat milk - 500 ml
- [ ] unsweetened Greek yoghurt - 200 g tub
- [ ] haloumi - 100 g

Bakery

- [ ] grainy sourdough bread - 2 slices

Pantry

- [ ] steel-cut oats - 135 g
- [ ] borlotti beans - 400 g tin
- [ ] flaked almonds - small packet

Frozen

- [ ] broad beans - 150 g

Pantry staples (check you have)

- [ ] olive oil

- [ ] ground cinnamon
- [ ] cracked black pepper
- [ ] salt

> Low GI shopping tips
> - Choose borlotti and other legumes in tins with no added salt for a low GI, budget-friendly fibre boost.
> - Pick firm, unblemished rhubarb and sweet potato at the greengrocer for the best spring flavour and texture.
> - Buy a block of haloumi rather than pre-sliced to keep portions controlled and reduce packaging waste.